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VOTERS RESOLUTE AT POLLS {page 02}

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Wednesday, November 7, 2012

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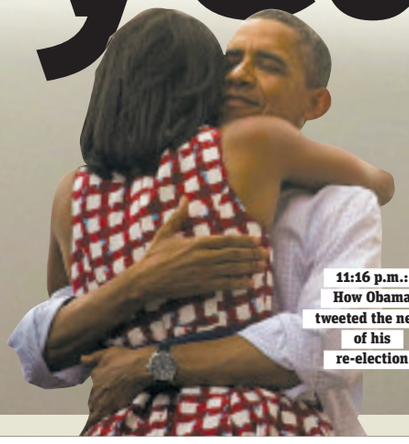
- Early wins for Obama mean Ohio clinches the deal at 11:10 p.m.
- Stunning Obama win — even before Florida is decided
- Obama tweets 'Four More Years' within minutes of victory
- Big crowds cheer wildly as result announced in New York
- But gloom in Boston as Romney party falls flat {page 08}

'Four more years'



11:16 p.m.: How Obama tweeted the news of his re-election

Long waits, confusion for voters at the polls

PHOTOS: GETTY IMAGES

407

Calls to 311 yesterday complained of voting problems, according to Nicholas Sbordone of the Department of Information Technology and Telecommunications.

▶ A woman prepares to vote in the Rockaways.

After a mad dash to reorganize the city's polling places affected by Hurricane Sandy, New Yorkers were free to cast their ballots yesterday — if they had the time.

Voters were met with waits as long as an hour and a half at many of the city's more than 1,100 polling places. Though Governor Andrew Cuomo issued an executive order Monday that let New Yorkers displaced by the storm cast their votes by affidavit at any polling place, confusion mounted after new locations for dozens of polling places were announced just days ago.

Voters were encouraged to double check polling locations on the Board of Election's website or use its Smartphone app. The adjustment caused disarray at some locations as poll workers struggled to determine which voters required paper ballots and affidavits.

At the Fashion Institute of Technology, a polling location in Chelsea, frustrations ran high as overwhelmed poll workers struggled to direct increasingly confused voters.

Freelance editor Anthony Calcara, 48, encountered a bit of confusion trying to vote.

He told Metro he wasn't sure what the issue was, but he thought it had something to do with his voter card number having changed two years ago, possibly from redistricting.

A judge expresses frustration with voting technology

At a New Street polling center with four booths and two scanners, Criminal Court Judge Robert Kay, 65, waited an hour and a half while both scanners were nonfunctional.

He declined the option to cast an emergency ballot.

"Who says it's going to get counted and when?" he asked.

Kay expressed disbelief at the voting system in general.

"In this day and age, we have to worry that your ballot could potentially need to be hand-counted?" he demanded.

Still, he said, the whole process took only 15 minutes.

Calcara said he cast his vote for Obama.

"I'm gay and sane, so I can't vote for the other side," he quipped.

At the same polling center, a worker wove between the district lines, seeking out people standing in the wrong line.

"You have to ask me," she said in exasperation to a voter complaining he didn't know where to stand.

"Yeah, but we don't know what line," he insisted. "Where are the signs?"

The poll worker pointed to an unmanned information table, before rushing over to a line of people she had ordered to stand there. She then intercepted a voter who was being sent to the wrong line by another poll worker.

That polling attendant apologized to a nearby voter.

"I'm just an interpreter," he explained. "But we're overwhelmed with people."

CASSANDRA GARRISON & DANIELLE TCHOLAKIAN

Bloomberg blames delays on Board of Elections snafus

Mayor Michael Bloomberg said he, too, waited in a long line before voting. He said the Board of Elections delivered several voting machines late and opened sites behind schedule. He also said the BOE didn't have enough fuel for generators at at least one place. "If these were the only problems the Board of Elections encountered today, we should consider ourselves very lucky – but unfortunately, based on its history, that is not likely to be the case."

'Long waits to be expected'

Officials insisted they were doing everything in their power to get New Yorkers to the polls, including shuttles for voters throughout the day.

"The fact is that we were dealing with a small window of time to communicate changes to those affected," BOE spokeswoman Valerie Vazquez told Metro. "The reality is we have had to consolidate or relocate existing poll sites to accommodate voters after Sandy." Vazquez said long waits for presidential elections are typical.

By the numbers

0

Websites where the New York State Board of Elections makes voting results available. A board official said last night that tallies are only available at the county level and "official results" in statewide races wouldn't be known for about two weeks. METRO

In the news

Parks close today ahead of imminent storm

NEW YORK. New York City's parks and beaches will be closed at noon today for at least 24 hours as a new storm system approaches a week after Superstorm Sandy devastated the region, Mayor Michael Bloomberg said yesterday. He said city officials would try to evacuate residents from some low-lying waterfront neighborhoods today, when the nor'easter is forecast to strike the region. Bloomberg emphasized that the evacuations would not be as widespread as those ordered before Sandy hit last week. REUTERS

U.S. Senate (Gillibrand projected winner)

68%

30%

U.S. House of Representatives (75% reporting)

52%

48%

U.S. House of Representatives (62% reporting)

46%

54%

Locals wait, watch results slowly come in

NEW YORK. In Times Square, dozens of people watched election results on screens in a space set up by CNN, already filling Duffy Square before New York polls had even closed. Several waved American flags. A security guard told Metro he was secretly rooting for Romney.

"If Obama wins, I'm going to get really drunk. If he loses, I'll get sad and go home."

CHRISTIAN STORM, WILLIAMSBURG

Young Brooklynites gathered at Richlane, a small bar in Williamsburg nestled among stops off the currently defunct L and G trains, to watch the election coverage — projected on a wall.

Christian Storm, 26, arrived at the bar around 7:30 p.m., he said, before most people showed up.

Storm, who confessed to being "very anxious," was with a friend from Cleveland, Ohio, who said he's never voted. DANIELLE TCHOLAKIAN AND ALISON BOWEN

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Vignettes of voting

Despite evacuation, voting anyway

PHOTO BY BRUCE BENNETT/GETTY IMAGES

First-time voter Eamon Goebel, 21, was living at the edge of the evacuation zone and attending Pace University.

"I was technically two blocks away, but I got a call from my parents. They said I should probably get out," he said.

So he went to stay with his sister on 168th Street for a week.

Goebel voted for Obama, he said, but didn't know anything about local elections.

"I just voted Democrat the whole way down," he said. "Most of them showed up under Working Families, and I'm pretty sure I belong to one of those."

Television producer Candice Spielman was also voting at that location, though as a Sandy evacuee, she had looked online to double-check her polling place, and had originally been sent to 66 Frankfort Street.

When she got there, poll workers didn't have her information and told her she would have to fill out an affidavit ballot.

Spielman decided to try her old polling location at 81 New Street and found it was open.

"I wanted to make sure I could get the ballot scanned in," she said.

DANIELLE TCHOLAKIAN

Business as usual in Brooklyn

Ciccoto

Bellofatto

It was smooth sailing at the Williamsburg voting booths today.

Accompanied by her two young daughters, Mary Ciccotto encountered no lines when she went to cast her vote.

Her home never lost power during Hurricane Sandy – just Internet, one of her daughters said. Ciccotto said her parents, who live on Long Island, went back to their home, despite not having power, so they could vote there.

Another voter, Jerami Bellofatto, added that he is lucky to have a flexible work schedule that allowed him to vote at 11 a.m.

He said Brooklyn was business as usual after Hurricane Sandy.

"I didn't lose power, and transportation is still a little difficult, but it could have been a lot worse," he said.

Bellofatto said he was pleasantly surprised how New York has gotten back on its feet just one week after the hurricane. "Especially here, but even in the city, people are back to being New Yorkers."

MARY ANN GEORGANTOPOULOS

Affidavit ballots accompany New York voting booths

Met with long lines at the polling place near her home in Kew Gardens, Queens, Meryam Bukhari, 23, opted to take advantage of the governor's executive order. She voted by affidavit at a Wall Street polling station on her way to work.

She wondered if the storm had something to do with the crowds at her local polls.

"My neighborhood was largely unaffected," Bukhari said. "But I think a lot of people from neighboring areas might be voting in my area if they can't vote in theirs."

At another downtown location, a man asked a polling attendant at the scanner about his ballot, as he was voting by affidavit. He said that he had been told he could only vote in the presidential race, and wanted to confirm that was true. The attendant at the scanner shrugged. "I'm not sure what to tell you," he said.

METRO/DT

Wanting a sticker after a long wait

One small, sticky perk of voting is the "I Voted" sticker to show the world that New Yorkers did their part in the democratic process. But many lamented the lack of stickers yesterday.

"I know it's silly, but I was looking forward to my 'I Voted' sticker. You put up with long lines and polling site chaos because it's important to vote. And after a pretty frustrating experience, getting the tiny sticker feels like a small victory," said Danielle Ossher, 25, who voted on the Upper West Side.

Scott Gold, 34, who voted in Prospect Heights, echoed that sentiment, albeit with a bit more sarcasm: "No sticker for me. What's the point of participating in the democratic process if you don't have a piece of flair to express your smugness?"

Metro spoke to the New York State Board of Elections to no avail. "You have to speak to someone at the local Board of Elections for an answer to that."

DOROTHY ROBINSON

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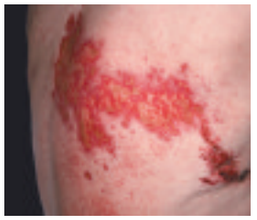
ZOSTAVAX® (Zoster Vaccine Live) is available at certain pharmacies and medical practices. Talk to your health care professional or visit FIND*ZOSTAVAX*.com for more information.

Now's the time to help prevent Shingles with ZOSTAVAX.

ZOSTAVAX is a vaccine that helps prevent Shingles in adults 50 years of age or older. Shingles is caused by the same virus that causes chickenpox. The virus stays in your body and can resurface at any time as Shingles—a painful, blistering rash. And no matter how healthy you feel, your risk increases as you get older.

The sooner you get vaccinated with ZOSTAVAX, the better your chances of protecting yourself from Shingles. In fact, the ACIP* of the CDC (Centers for Disease Control and Prevention) recommends that appropriate adults 60 years of age and older get vaccinated to help prevent Shingles.



Talk to your health care professional to see if ZOSTAVAX is right for you.

ZOSTAVAX is given as a single shot. ZOSTAVAX cannot be used to treat Shingles, or the nerve pain that may follow Shingles, once you have it. For more information, visit ZOSTAVAX.com or call 1-877-9 SHINGLES.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page for more detailed information.

*ACIP=Advisory Committee on Immunization Practices

ABOUT ZOSTAVAX

ZOSTAVAX is a vaccine that is used for adults 50 years of age or older to prevent Shingles (also known as zoster).

Important Safety Information

- ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get Shingles.
- You should not get ZOSTAVAX if you are allergic to any of its ingredients, including gelatin or neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant. You should not get ZOSTAVAX to prevent chickenpox.
- Talk to your health care professional if you plan to get ZOSTAVAX at the same time as PNEUMOVAX®23 (Pneumococcal Vaccine Polyvalent) because it may be better to get these vaccines at least 4 weeks apart.
- Possible side effects include redness, pain, itching, swelling, hard lump, warmth, or bruising at the injection site, as well as headache.
- ZOSTAVAX contains a weakened chickenpox virus. Tell your health care professional if you will be in close contact with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care professional can tell you what situations you may need to avoid.

Before you get Shingles, get vaccinated.

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Patient Information about ZOSTAVAX® (pronounced "ZOS tah vax") Generic name: Zoster Vaccine Live

9989115

You should read this summary of information about ZOSTAVAX before you are vaccinated. If you have any questions about ZOSTAVAX after reading this page, you should ask your health care provider. This information does not take the place of talking about ZOSTAVAX with your doctor, nurse, or other health care provider. Only your health care provider can decide if ZOSTAVAX is right for you.

What is ZOSTAVAX and how does it work?
ZOSTAVAX is a vaccine that is used for adults 50 years of age or older to prevent shingles (also known as zoster).

ZOSTAVAX contains a weakened chickenpox virus (varicella-zoster virus).

ZOSTAVAX works by helping your immune system protect you from getting shingles.

If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people. ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get shingles.

ZOSTAVAX cannot be used to treat shingles, or the nerve pain that may follow shingles, once you have it.

What do I need to know about shingles and the virus that causes it?
Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Age and problems with the immune system may increase your chances of getting shingles.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be painful. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

Who should not get ZOSTAVAX?
You should not get ZOSTAVAX if you:
- are allergic to any of its ingredients.
- are allergic to gelatin or neomycin.
- have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS).
- take high doses of steroids by injection or by mouth.
- are pregnant or plan to get pregnant.

You should not get ZOSTAVAX to prevent chickenpox.

Children should not get ZOSTAVAX.

How is ZOSTAVAX given?
ZOSTAVAX is given as a single dose by injection under the skin.

What should I tell my health care provider before I get ZOSTAVAX?
You should tell your health care provider if you:
- have or have had any medical problems.
- take any medicines, including non-prescription medicines, and dietary supplements.
- have any allergies, including allergies to neomycin or gelatin.
- had an allergic reaction to another vaccine.
- are pregnant or plan to become pregnant.
- are breast-feeding.

Tell your health care provider if you expect to be in close contact (including household contact) with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care provider can tell you what situations you may need to avoid.

Can I get ZOSTAVAX with other vaccines?
Talk to your health care provider if you plan to get ZOSTAVAX at the same time as the flu vaccine.

Talk to your health care provider if you plan to get ZOSTAVAX at the same time as PNEUMOVAX®23 (Pneumococcal Vaccine Polyvalent) because it may be better to get these vaccines at least 4 weeks apart.

What are the possible side effects of ZOSTAVAX?
The most common side effects that people in the clinical studies reported after receiving the vaccine include:
- redness, pain, itching, swelling, hard lump, warmth, or bruising where the shot was given.
- headache

The following additional side effects have been reported with ZOSTAVAX:
- allergic reactions, which may be serious and may include difficulty in breathing or swallowing. If you have an allergic reaction, call your doctor right away.
- chickenpox
- fever
- hives at the injection site
- joint pain
- muscle pain
- nausea
- rash
- rash at the injection site
- swollen glands near the injection site (that may last a few days to a few weeks)

Tell your health care provider if you have any new or unusual symptoms after you receive ZOSTAVAX. For a complete list of side effects, ask your health care provider.

Call 1-800-986-8999 to report any exposure to ZOSTAVAX during pregnancy.

What are the ingredients of ZOSTAVAX?
Active Ingredient: a weakened form of the varicella-zoster virus.

Inactive Ingredients: sucrose, hydrolyzed porcine gelatin, sodium chloride, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, potassium chloride.

This page summarizes important information about ZOSTAVAX. If you would like more information, talk to your health care provider or visit the website at www.ZOSTAVAX.com or call 1-800-622-4477.

Rx only

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Unhappy customers

Brooklynites sign petition as L, G trains suspended

Although the city's subways are almost entirely back up and running, thousands who rely heavily on the L and G trains are still stranded in the wake of Hurricane Sandy.

More than 3,000 people have already joined the Change.org campaign, backed by Councilwoman Letitia James, calling on the MTA to provide shuttle service as a substitute for the G train.

"I know this has been a devastating storm and I know the G and L lines are corroded," James told Metro. "However, you could provide bus service along the lines to meet the needs of those constituents."

James said she has reached out to MTA Chairman Joe Lhota with the request, but has yet to hear back from him.

COURTESY OF THE MTA

MTA spokesman Kevin Ortiz hinted to Metro that shuttle service along the G and L lines isn't likely.

"We ask customers to exercise patience as we continue to work 24 hours a day to restore both lines as quickly as possible," Ortiz said. "Setting up a shuttle bus is a very difficult undertaking and, even when it runs, carries only a fraction of a subway riders, so it sets up expectations that are hard to meet."

"I think MTA workers do not have any boots on the ground, and if you have sense of the explosion in ridership on the G and L lines, you would know there is an increased demand for bus service," James said.

The MTA has yet to announce when L and G trains will be back in service, but it released new photos of workers trying to pump seawater from the L train's tunnel beneath the East River. METRO/CG

Students return to different schools in Sandy's aftermath

It's the first day of school all over again. Or at least it feels that way for the tens of thousands of displaced students entering new classrooms today.

As of Monday evening, Jennifer Devitt of Rockaway Park was still awaiting the details of her son's new placement in South Jamaica.

"I haven't gotten any information about how students are supposed to get to the new site," said Devitt, whose son is a first-grader with special needs.

His school is among the 43 severely damaged sites that are unable to reopen yet.

"Meanwhile he's being reassigned to a high school, which doesn't sit well with me," Devitt said, adding that no timeline has been given for the duration of her son's reassignment.

GETTY IMAGES

▶ All but 43 schools will reopen today for students.

About 20,000 students across 43 schools will be relocated to different schools today, and 13,000 students will still not be in school, because the buildings lack power or their school is a shelter.

However, the majority of city schools were able to reopen earlier this week.

At a press conference Monday, Mayor Michael Bloomberg said that about 86 percent of students had reported to class — about the same number as this time last year.

The city is also working to help displaced students transition to their new campuses smoothly. To help with the commute, MetroCards are being provided to students staying in emergency shelters.

For others, students will be picked up at their closed schools for transportation to relocation.

The DOE does not have enough buses for all students, they cautioned, but will offer reimbursement for displaced families including cab or subway fare. And students may want to bring a sweater — about 35 schools will have no heat, according to the DOE.

MARIANNE HAYES
letters@metro.us

43 Severely damaged schools were unable to reopen

23K Students were forced to relocate to new sites

1.8K Evacuees were living in eight city schools

5 Missed school days due to Sandy. There is no make-up plan yet.

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Obama is president

At 11:10 p.m. last night, TV networks around the country declared that Barack Obama had won a tight race in Ohio — confirming his re-election as President of the United States.

Obama's stunning victory came even before tight races in Florida and Colorado had been declared. Florida went down to the wire and looked set for a possible recount.

News of Obama's victory was greeted with wild cheering from huge crowds who gathered at New York's Rockefeller Center. Meanwhile, there was gloom on the faces of Mitt Romney's post-lection party in Boston.

Within 15 minutes of the Ohio declaration, Obama tweeted: "We did this together." Analysts said the Romney campaign had failed to engage with ethnic minority voters, especially over issues such as immigration reform, despite Romney having a clear polling lead on the economy, long seen as the acid test of any election.

Obama's victories put pressure on Romney to score victories in Ohio, Florida and Virginia, three battleground states where the race was too close to call.

In the state-by-state battle to get to the 270 electoral votes needed for the presidency, Obama and Romney piled up early victories in the states they were expected to win. METRO

SPENCER PLATT/GETTY IMAGES

▶ Supporters of President Barack Obama cheer after networks project Obama as re-elected during the Obama Election Night watch party in Chicago.

BRUCE BENNETT/GETTY IMAGES

Romney's chances diminished early

The Republican's chances were hit by Obama victories in Wisconsin and Pennsylvania, as well as New Hampshire. Romney last week visited Wisconsin, home state of his vice presidential running mate, Paul Ryan, and stopped in Pennsylvania earlier yesterday in hopes of pulling off a surprise win there.

In a victory that also limited Romney's path to a victory, Obama won Michigan, the Republican's state of birth but where he ran afoul of voters by opposing an auto industry bailout pushed by Obama.

Romney is projected to have won Alabama, Tennessee, Mississippi, Kentucky, West Virginia, Oklahoma, South Carolina and Indiana.

He was declared the winner in Texas, Kansas, Louisiana, Nebraska, North Dakota and South Dakota.

Election in brief

Biden crashes jet party in Ohio

If there was any doubt that the U.S. presidential fight hinges on Ohio, an awkward campaign airplane traffic jam at the Cleveland airport yesterday made it clear.

Minutes after Republican presidential candidate Mitt Romney touched down on the tarmac, Vice President Joe Biden swooped in on Air Force Two for an unannounced — but what the White House said was long-planned — visit.

Biden's move seemed aimed at dampening the challenger's 11th-hour visit to the battleground state.

Romney, who was waiting for running mate Paul Ryan to land, stayed onboard his plane until Biden boarded his motorcade and left the tarmac, which became even more crowded when Ryan's plane landed minutes later.

Only President Barack Obama, who was spending the day in Chicago, was missing from the dance of the jets. REUTERS

Markets want clear winner

Traders and investors were in agreement on one thing as voters cast their ballots in yesterday's U.S. presidential election: The markets want a clear winner by Wednesday morning.

U.S. equity markets rose on Tuesday, in part due to relief that the drawn-out campaign had reached its end. Some market analysts forecast doomsday scenarios if a particular candidate wins — predictions that usually reflect their political leanings more than anything else.

Markets hate uncertainty, and having a drawn-out U.S. presidential election is one of the worst prospects. No one on either side wants a repeat of the protracted fight that followed the 2000 race between Al Gore and George W. Bush. REUTERS

GOP is in the house

Republicans expected to keep House majority

The most unpopular House of Representatives in modern times was left pretty much unchanged by voters last night, with control firmly in Republican hands, according to projections.

The partisan brand of politics practiced by Republicans for the past two years appeared not to have seriously damaged the party.

When the new House is sworn in next January, it will look much like the House that nearly brought about government shutdowns and an historic default on debt in 2011.

The bitter partisanship in the 435-member chamber was thought to have contributed to record low public approval ratings of Congress that at one point dipped to 10 percent.

If voters did not like the overall tenor of Congress for the past two years, they seemed to remain satisfied with their individual members.

The result could mean at least two more years of divided U.S. government if Obama wins reelection and Democrats retain their control of the "upper chamber" Senate. REUTERS

Obama thanks Romney for a spirited campaign

President Barack Obama congratulated Republican rival Mitt Romney yesterday for running a hard-fought race for the White House and expressed confidence he would win reelection during a stop at a local campaign office to thank volunteers.

Obama made calls to volunteers from the campaign office to thank them for working for his reelection campaign.

"I expect that we'll have a good night, but no matter what happens, I just want to say how much I appreciate everybody who supported me, everybody who's worked so hard on my behalf," he said.

Traditionally, presidential candidates get media attention on Election Day by going to vote. But Obama cast his ballot in Chicago last month — part of his campaign's push to get supporters to vote early.

So the president's visit to the office gave him a chance to get in front of the cameras, generate news coverage and encourage turnout.

Obama and Romney, a former Massachusetts governor and private equity executive, have fought a largely negative campaign. Obama's team attacked Romney for his business record, and Romney's team criticized the president for presiding over high unemployment and a slow economic recovery.

Obama's conciliatory comments represent the close of the bitter campaign and could appeal to last-minute undecided voters, who are turned off by the lack of bipartisanship in Washington. REUTERS

Quoted

"I ... want to say to Gov. Romney congratulations on a spirited campaign. I know that his supporters are just as engaged and just as enthusiastic and working just as hard today."

OBAMA SAID AS VOLUNTEERS MADE PHONE CALLS ENCOURAGING SUPPORTERS TO GET TO THE POLLS

JEWEL SAMAD/AFP/GETTY IMAGES

▶ Obama congratulated Romney on his campaign.

Wanted to vote? Get in line — a long line

Across the nation, complaints arise about voter IDs, ballots, long lines at voting locations on Election Day

Sporadic complaints about voting procedures surfaced from Pennsylvania to Florida yesterday, while long lines in many states posed their own challenges.

It was unclear what impact controversies over everything from the presence of poll watchers to software installation on tabulation machines would eventually have on an election that caps the long and bitter presidential campaign. National opinion polls showed President Barack Obama and Republican challenger Mitt Romney in a virtual dead heat. **REUTERS**

Pennsylvania gets an earful on IDs

Watchdog groups said there was confusion over voter ID requirements in Pennsylvania, a state Obama had been expected to win, but that Romney visited in recent days as he sought to expand the battleground.

"Poll workers have been poorly and wrongfully trained, and they are standing there and sitting there and requiring people to show ID, and sending people home if they don't have the ID," said Barbara Arnwine, executive director of the Lawyers' Committee for Civil Rights, at a press conference in Washington. "The state of Pennsylvania ought to be ashamed." A judge last month blocked the state from requiring voters to show photo identification, a setback for Republican state officials who had championed the law.

Republicans had their own complaints. The party got a court order to reinstate 75 election officials in Philadelphia who allegedly were prohibited from entering polling places.

MARK WALLHEISER/GETTY IMAGES

▶ People line up to vote in Crawfordville, Fla.

Long wait times discourage voters

Long lines at polls in many states prompted concerns that some voters would give up without casting their ballots. Lengthy waits to vote were reported in Florida, Virginia and Ohio, all key swing states, as well as New Jersey and New York.

Civil rights leaders said the lines threatened to be an international embarrassment for the United States.

"When you look at the lines that have formed in places like Ohio, they are longer than the lines in Baghdad and Kabul."
WADE HENDERSON, PRESIDENT OF CIVIL RIGHTS CONFERENCE

In the densely populated Miami area, wait times yesterday ranged from 15 minutes to more than three hours to vote with a lengthy ballot. A lawsuit had been filed on Sunday in Florida over the waiting times for early voting, which in some cases Saturday stretched to seven hours.

A study in voting problems

College students voting away from home also ran into problems in Florida. At the massive University of Central Florida in Orlando, with some 58,000 students, many students had to use provisional ballots because their voter registration cards list their home addresses. A new state law for the first time prohibits making address changes on the spot. Another twist in Florida were the hundreds of voters in Clearwater who received automated telephone calls telling them they had until the end of "tomorrow" to vote. The Tampa Bay Times quoted an election supervisor saying that the calls were supposed to have gone out Monday.

Betting on the future

Obama 2-to-1 in futures bet

President Barack Obama is a 2-to-1 favorite to win reelection over Republican challenger Mitt Romney, according to betting on the Intrade.com political futures market.

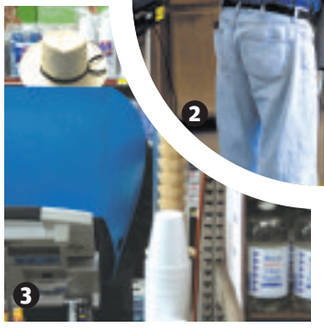
The BGOV Barometer shows Obama with a 68 percent chance of victory as of 5 p.m. yesterday. That means it cost $6.80 to win $10, should Obama win. Intrade state-by-state wagering gave Obama at least 281 electoral votes, 11 more than he needs to regain the presidency.

That level represents a late jump in bettor sentiment over the 55 percent to 45 percent average advantage the president held over Romney among Intrade betters through the summer. Obama's chances peaked at 79.5 percent on Sept. 29, three weeks after the Democratic convention, according to Carl Wolfenden, Intrade's exchange operations manager. **BLOOMBERG**

News in pictures

From village to city, America casts its votes

▶ **1:** Rockaway residents wait in line to cast their ballots in an unheated makeshift tent set up as a polling place at Scholars' Academy, PS 180, in the Rockaway neighborhood of Queens.
▶ **2:** Phillip Webb, left, helps his wife, Marian Webb, cast her vote at Truckee Meadows Fire Station in Sparks, Nev.
▶ **3:** A man votes at Beck's Mill General Store during Election Day in Becks Mill, Ohio.
▶ **4:** Voters wait in long lines to cast their ballots at Victory Elementary School in Bristow, Va.
▶ **5:** Kenady Pettingill, 12, and friends urge drivers to vote for former Massachusetts Gov. Mitt Romney in Spanish Springs, Nev.
▶ **6:** Voters cast their ballots at Earl Nance Sr. Elementary School in St. Louis, Mo.



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In the news

Glass of wine a day cuts breast cancer risk, says study

NEW YORK. Women with breast cancer can boost their chances of long-term survival by drinking a glass of wine a day, according to new research.

Scientists at the University of Cambridge said that women who drink a medium-sized glass of wine a day cut their chances of dying within a decade of diagnosis by 20 percent.

Even drinking half of a medium-sized glass cut the chances of death by 18 percent.

Researchers studied more than 13,500 women who had been diagnosed with and treated for breast cancer. The women's progress from diagnosis was followed for up to 15 years. **METRO**

Home prices dip in September

NEW YORK. U.S. home prices slipped in September after gaining for six months in a row as values were weighed down by cheaper distressed sales, data from CoreLogic showed yesterday.

CoreLogic Inc.'s home price index fell 0.3 percent from August. Prices were still up strongly compared with a year ago, rising 5 percent for the biggest increase since July 2006.

Excluding distressed sales, prices were up 0.5 percent from August and also gained 5 percent from last year.

Homes that have been seized by banks or are in danger of being foreclosed are often sold at significantly reduced prices. **REUTERS**

Three Western US states vote on legalizing recreational pot

Voters in three western U.S. states went to the polls yesterday to decide whether to legalize marijuana for recreational use in a move that could spur a showdown with the federal government, with polls showing legalization ahead in Washington and Colorado.

If voters approve the measures, the states could become the first in the country to legalize the recreational use of pot. Each of the initiatives would see marijuana taxed and would regulate its sale in special stores to adults age 21 and older.

But the prospect of legalizing pot, which the federal government considers an illicit and dangerous drug liable to be abused, has raised concerns about how to keep stoned drivers off the roads and joints out of the hands of teenagers.

Surveys show legalization measures ahead in Washington state, where campaign finance records say its sponsors have raised $6 million, and Colorado, where backers have pulled in nearly $2 million. But legalization was trailing in Oregon, where a grassroots campaign was struggling to sway voters.

A survey of 932 likely voters in Washington state released on Saturday by Public Policy Polling found 53 percent support legalization, with a margin of error of 3.2 percent. **REUTERS**

Quoted

"We're risking a lot simply because people think they want to buy marijuana from a store."

KEVIN SABET, A FORMER ADVISER TO THE OBAMA ADMINISTRATION'S DRUG POLICY CZAR

METRO FILE PHOTO

▶ In Montana, voters will be asked whether to overturn a 2011 law that imposed tough restrictions on medical pot and led to the shutdown of dispensaries.

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Nokia Windows phone priced to undercut rivals

AT&T set a $50 starting price for Nokia's latest Windows smartphones, on which the struggling Finnish phone maker is pinning its hopes for a turnaround.

The No. 2 U.S. mobile provider said yesterday that it will sell the Nokia Lumia 820 for $49.99 and the flagship Lumia 920 phone for $99.99, compared with its $199.99 pricing for the HTC Corp Windows Phone 8X device.

Nokia, which has lost out hugely to Apple Inc. and Samsung Electronics Co. in recent years, is hinging its entire future on Microsoft's mobile software. HTC mostly sells phones based on Google Inc.'s Android software but is hoping to diversify with Windows Phone 8.

The three devices are key for Microsoft, which is banking on its Windows Phone 8 software to challenge Apple's iPhone and Android phones from vendors like Samsung.

The low Nokia price shows that volumes are more important to the company than profits as it hopes to rebuild a U.S. customer base, Current Analysis analyst Avi Greengart said.

And with such aggressive pricing, the only reason these phones could fail to sell well is if consumers decide they are not interested in the Microsoft software, Greengart said.

"It's almost a referendum on Microsoft's operating system," said the analyst.

The prices are for customers who sign a two-year wireless contract with AT&T. The phones, which are available beginning Nov. 9, can be preordered. **REUTERS**

$50
Starting price from AT&T for Nokia's latest Windows smartphones

Free wireless

AT&T is offering a free wireless charging plate with a purchase of Lumia 920, which is worth about $80, according to an estimate from Greengart, who used previous wireless chargers as a benchmark.

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▶ The Nokia Lumia 820 will sell for less than $50.

Study: Women can smell a wimp a mile off

Women are able to smell cowardly men, according to a study by a Dutch university.

The smell of a man's sweat when he is afraid or repulsed triggered similar emotions in women near them, said Dr. Gun Semin of Utrecht University.

The findings suggested that certain emotions were "contagious" and could be detected via chemical signals, Dr. Semin added.

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It may explain why "emotional contagion" happened among big crowds, he added. **METRO**

In the news

Six-foot fugitive crocodile finally captured in Gaza

A crocodile on the run from a Gaza zoo for the past 18 months has finally been captured, police said yesterday.

The 6-foot-long reptile was spotted several weeks ago in sewage pools in the northern Gaza Strip, and villagers complained he had been eating their livestock. Police called in fishermen, who netted the crocodile on Monday.

"He's a beautiful troublemaker," police spokesman Ayman al-Batniji said. "We really sweated to take him alive." **REUTERS**

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After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

If you or a loved one are scheduled for knee surgery,

READ THIS ARTICLE BEFORE IT'S TOO LATE!

According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

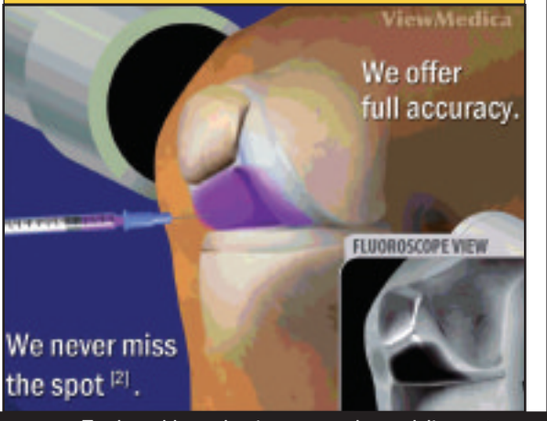
If you answered YES to any of these questions, keep reading...

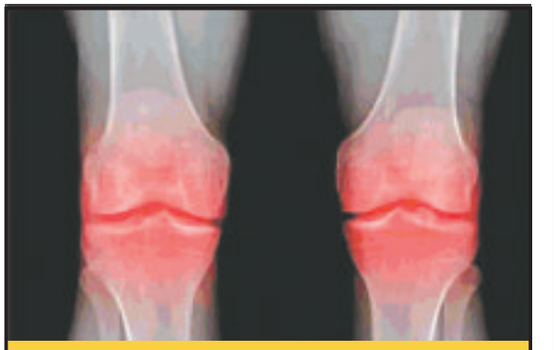
Why do knee injections often fail?
What's different about our procedure?

Most doctors today do one of three things:
1) They perform "blind injections" (an injection done without imaging guidance). 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York. 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement. [1]With this much inaccuracy, **it's no wonder most people never find relief.**





Our solution... Our office uses Hyalgan®

What exactly is injected into the knee?

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?

Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most insurances will cover this treatment*.
We work with Medicare: GHI PPO

CIGNA PPO · BlueCross BlueShield PPO · UnitedHealthcare PPO · Aetna PPO

Affordable payment plans available to fit all budgets.
Call our office for free insurance benefits verification.

Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, Emblem PPO, HIP, EPO or HMO plans.

* Coinsurance and deductible apply.

[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

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News in brief

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▶ Virginia quake felt in NYC in 2011

Eastern US earthquakes pack strong punch

WASHINGTON. Shock waves from earthquakes in the eastern United States can travel much farther and cause damage over larger areas than previously thought, the U.S. Geological Survey said yesterday in a study of the strong quake that hit Virginia last year.

The 5.8-magnitude quake triggered landslides at distances four times farther — and over an area 20 times larger — than previous research showed, the USGS said in a statement.

The study offers more evidence that although the East Coast has fewer quakes than the West Coast, the damage can be more extensive. **REUTERS**

Supreme court weighs limit on double jeopardy

WASHINGTON. Lamar Evans was acquitted of burning down a vacant house after his trial judge mistakenly required Michigan prosecutors to prove more than they needed to, all sides in the case now agree.

The U.S. Supreme Court yesterday considered whether Evans can now be tried again.

A decision, expected by the end of June, could punch a hole in the U.S. Constitution's general prohibition against being tried twice for the same crime, known as double jeopardy. **REUTERS**

Congress subpoenas co-owner of meningitis-linked company

The chief pharmacist at the company linked to the deadly meningitis outbreak has received a subpoena to appear before a congressional committee after he declined to appear voluntarily.

The House Energy and Commerce committee issued the subpoena to Barry Cadden, co-owner of the New England Compounding Center and its chief pharmacist, before the pharmacy surrendered its license in the wake of the outbreak.

"With more than 400 people infected and 30 deaths, it is critical that we hear directly from the head of the facility linked to the outbreak," said Committee Chairman Fred Upton and Ranking Member Henry Waxman in a statement. "Since Mr. Cadden has indicated he will not appear voluntarily, we are left with no choice but to issue a subpoena."

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▶ The New England Compounding Center in Framingham, Mass., is currently being investigated for producing a contaminated steroid shot.

James Coffey, director of the Massachusetts Board of Registration in Pharmacy, which regulates pharmacists in Massachusetts, has also been invited to testify. A spokeswoman did not immediately respond to a question as to whether Coffey had agreed to attend. **REUTERS**

Lawsuits

NECC said it expects a Judicial Panel on Multidistrict Litigation to rule within the next two to four months on whether to consolidate a number of lawsuits in one court. The decision may come after a hearing on Jan. 31.

Legal battle

- NECC lawyers, for example, say NECC did nothing wrong and have been caught in a crossfire of conflicting federal and state laws concerning specialty pharmacies.
- NECC lawyers argue various states have themselves enacted differing and, in some cases, conflicting regulations on the practice of pharmacies.
- "Permitted practices in some states may be arguably impermissible manufacturing by FDA and other states," NECC lawyers said Monday in documents filed in the U.S. District Court in Massachusetts.
- Peter McGrath said NECC and its attorneys are just buying time as they figure out how to contend with lawsuits and investigations coming at them on a number of fronts.

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Metro will provide coupon codes and cover those cyber deals you don't want to miss!

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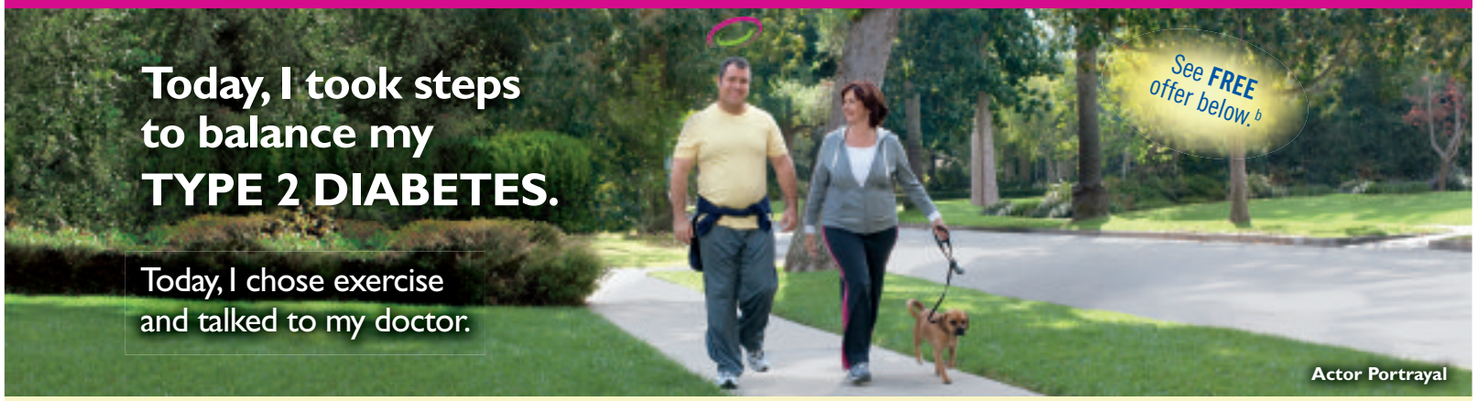
JANUVIA® (sitagliptin) tablets are widely available on most insurance plans.[a]


Today, I took steps to balance my TYPE 2 DIABETES.
Today, I chose exercise and talked to my doctor.
See FREE offer below.[b]
Actor Portrayal

JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.

- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **By itself, JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit www.Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

[a] Formulary data provided by Pinsonault Associates, LLC, April 2012.

Please read the Medication Guide on the adjacent page for more detailed information.

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Januvia® (sitagliptin) tablets

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[b] **Terms and conditions apply. Please see next page.**

Eligible patients may receive a free 30-day trial supply of JANUVIA® (sitagliptin) tablets.

Dose _____mg
Offer valid for up to 30 tablets.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
No purchase is required. Not valid for refills.

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2013**

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient.

Januvia® (sitagliptin) tablets

- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit www.Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- **Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.**
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for the free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense {TrOOP}], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- **No universal claim forms will be processed.**

THIS VOUCHER IS NOT INSURANCE.

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Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Take JANUVIA tablets whole. Do not split, crush, or chew JANUVIA tablets before swallowing. If you cannot swallow JANUVIA tablets whole tell your doctor.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?".**
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems,** sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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UK floats safe passage out of Syria for Assad

GETTY IMAGES

▶ Syrian government forces run for cover during clashes with rebel fighters in the Maysalun neighborhood of Aleppo.

A safe exit and possible immunity from prosecution for President Bashar al-Assad "could be arranged" if it would end Syria's increasingly bloody conflict, British Prime Minister David Cameron said yesterday before a visit to Saudi Arabia.

Some 32,000 people have been killed in Syria during a revolt against Assad that began with peaceful protests in March 2011 but became an armed rebellion after a deadly military crackdown.

"Done. Anything, anything, to get that man out of the country and to have a safe transition in Syria," Cameron told the Saudi-based Al Arabiya news network in Abu Dhabi when asked about offering Assad safe passage.

"Of course I would favor him facing the full force of international law and justice for what he's done. I am certainly not offering him an exit plan to Britain. But if he wants to leave, he could leave. That could be arranged," he said.

It was unclear if Cameron had spoken to other U.N. Security Council members about the idea, which could involve offering Assad immunity from prosecution if he accepted asylum in a third country. Nor was it clear what nation would take him. **REUTERS**

32K

People have been killed in Syria during a revolt against Assad that began with peaceful protests in March 2011.

The UN

- The U.N. human rights office has said Syrian officials suspected of committing or ordering crimes against humanity should face prosecution at the International Criminal Court.
- U.N. human rights investigators have been gathering evidence of atrocities committed by armed rebels as well as by government forces and pro-Assad militia.

New images suggest South African police planted weapons on dead miners

GETTY IMAGES

▶ South African police

Photographs suggesting that South African police planted weapons on the bodies of workers shot dead by police at Lonmin's Marikana platinum mine have been shown to an inquiry into the bloodiest security incident since apartheid.

In police photographs taken shortly after the killings on Aug. 16, at least two dead workers are seen without weapons by their sides. In photos taken later in the day, weapons including spears and a machete are on the ground near the corpses.

George Bizos, a respected attorney who once served as Nelson Mandela's lawyer and is now representing families of the victims, told the commission there was a "prima facie case that there was a deliberate attempt to defeat the ends of justice." **REUTERS**

Saudi sharia judges decry Westernizing 'stench' of reform

Saudi judges who enforce sharia (Islamic law) have condemned what they see as "the stench of Western ideas" in sweeping legal reforms pushed by King Abdullah, underscoring friction between government modernizers and religious hardliners.

In a letter to Justice Minister Mohammed al-Issa seen by Reuters, eight judges complained about foreign trainers who shave their beards contrary to purist Islam, the minister's meetings with diplomats of "infidel" states and plans to let women practice as lawyers. **REUTERS**

myentertainment

2

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

I vote for...

In honor of the US presidential election, The Word decided to cast a vote for our favorite celeb causes

... Katy Perry's chest to stay dedicated to liberty, not shooting frosting.

... Amanda Bynes to report to rehab, directly to rehab, do not pass go, do not collect $200.

... Christina Aguilera to not feel pressure to go crazy on the elliptical. You look good just the way you are, girl.

... Britney Spears to keep on employing whoever she's hired to make her seem sane. They are doing a pretty bang-up job.

... Johnny Depp to buy some eye makeup remover.

... more Michael Fassbender — pants optional. Where did that guy get to?

... Beyonce and Jay-Z to keep breeding.

... Ashton Kutcher to stop following in the footsteps of Charlie Sheen. One is more than enough.

... Ryan Reynolds to join Matrimonials Anonymous and admit he really just likes taking part in weddings.

... Nicole Kidman to burn this dress immediately.

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Seth MacFarlane is keeping his priorities in order, Pink is worried about online security, Jeremy Piven thinks it's a bit warm in Los Angeles and Albert Brooks has been very patient this year.

@SethMacFarlane
I hope American voters realize that the outcome of this election will seriously impact peoples' mood at the Oscars.

@Pink
I've been told that hackers can tap into your laptop computers and watch through ur cameras, so always put a post it over your camera!

@jeremypiven
Missed the summer so thank you global warming as I was sweating like a Hebrew slave today...

@AlbertBrooks
The most accurate polls will be out Wednesday.

Talking points

Heidi Klum on her new beau

Heidi Klum says she's "very happy" dating her former bodyguard, **Martin Kirsten**, in the wake of her split from husband **Seal**. In fact, the new romance has even influenced her movie-viewing habits, as the "Project Runway" host finally sat down to watch "The Bodyguard," she tells **Ellen DeGeneres** in an interview. "I've actually watched the movie since then. I had to," she says. "That's going to be my Halloween costume next year."

Diaz flirts heavily with Pattinson

"Twilight" co-stars **Robert Pattinson** and **Kristen Stewart** may be back together, but apparently someone forgot to inform **Cameron Diaz**. The actress reportedly got quite flirty with Pattinson at a recent gala dinner in Los Angeles, according to Us Weekly. "She was pretty obvious," a source says. "Cam was seated next to Rob at dinner. She was touching his arm, doing her big Cameron laugh at everything he said and trying really hard. He was polite but not having it."

Alley admits to Swayze megacrush

It's never too late to tell the truth, apparently. **Kirstie Alley** has revealed that she and the late **Patrick Swayze** began an "intense emotional relationship" while filming the 1985 miniseries "North and South," according to Entertainment Tonight. "Both of us were married," Alley explains, adding that she wouldn't call what happened between them "an affair," exactly. "But again, I think what we did was worse," she says. "Because I think when you fall in love with someone when you're married, you jeopardize your own marriage and their marriage. It's doubly bad." Alley says that she's not sure if Swayze's widow, **Lisa Niemi** — with whom she's still friends — was aware of the relationship before now.

Alley

Jack Nicholson: I'm no sex machine

Jack Nicholson isn't a fan of his reputation as a Hollywood Lothario. "I am an extreme person. If someone says, 'Jack, you are a womanizer,' I don't deny it. But the life of a gigolo always ends badly," the 75-year-old Oscar-winner tells the Sun. "That is one of the reasons I feel uncomfortable about all that 'sex legend' stuff." Nicholson also says that reports of his conquests — he's rumored to have bedded more than 2,000 women — are greatly exaggerated.

In brief

Lohan could go to jail ... again

One of **Lindsay Lohan**'s recent run-ins with the law is coming back to haunt her — and it could mean jail time. The troubled actress was involved in a car accident over the summer, and at the time she told the police she had been a passenger in the car and not the driver despite witness accounts to the contrary. Now, the Santa Monica City Attorney is reportedly planning to file the case as a misdemeanor this week, according to TMZ. And as Lohan is still on probation, a charge of lying to police is enough to send Lohan back to jail, though it likely won't be for very long.

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LICENSED, BONDED AND INSURED

The photographer behind last year's viral sensation has a new book, aptly titled 'Underwater Dogs'
How he came to explore water as a 'fantastic medium'

Dun-dun ... dun-dun ... Dog!

Seth Casteel makes a splash

Seth Casteel was a photographer who wanted to "capture raw canine emotion." Once he figured out he had to go underwater, he not only caught dogs in their element, but he became a viral sensation in the process. The new book,"Underwater Dogs," contains these now-iconic portraits, as well as new shots.

Q&A

Raw canine emotion

How did you get this idea?
Back in 2010, I was photographing a dog named Buster, a Cavalier King Charles Spaniel. I was doing an on-land shoot with him, but when I arrived he decided to jump in a swimming pool. I thought to myself, "Hmm, I wonder how he looks down there." I took a point-and-shoot underwater camera and started shooting. I learned you can see different personalities on the dogs' faces.

▶ Seth Casteel, 31, at work with dogs

How so?
Water is a fantastic medium where dogs can explore their wildest instincts. We see happy, playful, curious, hysterical. I am also drawn to it because dogs originate from wild dogs and wolves. At the heart of it, dogs still have a wild side to them.

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Killer style

Ashley Madekwe, one of our favorite starlets from the addictive ABC hit 'Revenge,' isn't just a fashionista onscreen Follow her personal style on 'Ring My Bell'

▶ Follow Ashley Madekwe's sartorial adventures on www.ashley-ringmybell.blogspot.com.

PHOTOS: GETTY IMAGES

Most of you know Ashley Madekwe as Ashley Davenport, the social ladder-climbing publicist on the scandalous (and not to mention addictive) ABC show "Revenge." But what you might not know is that the 30-year-old actress is also an avid fashion blogger. The British starlet started Ring My Bell when she moved to the U.S. in 2009 and now has more than 15,000 followers. We caught up with Madekwe to find out what inspired to her start blogging and how to avoid the guilt of, say, dropping a paycheck on Chanel.

What made you start RMB?
When I moved to New York my boyfriend would take a ton of pictures of me and I would put them on a blog so that my friends and family could keep updated on what I was doing. I really liked reading style blogs and it came from a place of wanting to join in.

What are your aspirations for the blog?
I want to keep it how it is. I like to read blogs about real girls, what they're wearing. I don't want too much chitchat and I want to see great pictures. There are other blogs that do lifestyle and cooking way better than I ever would. I mean, people would die if I tried to put recipes on my blog.

Has Ashley Davenport influenced your style?
I think my style's influenced hers. Because I've always had an interest in fashion, Jill Hanestan, our costume designer, creates the look with me. We talk about what's going to happen in that episode and she lets me take the pick from the choices she brings. She puts all my jewelry in my trailer so I can style the look.

What can we expect next on "Revenge"?
I'm lucky enough to be part of one of the flashback episodes, which I've never been part of before, so we see her six years previously in New York and it's before she knew the Graysons.

What are some items that you're loving for fall?
Tory Burch flats with a fox face on the front. I treated myself to a new Chanel bag, it's blue and velvet. And my Isabel Marant sneakers, [I'm] loving those. I also bought a couple of Kenzo sweaters with big animal heads on the front.

What do you have your eye on at the moment?
I think I need to chill out after that Chanel bag. If you buy everything you want all the time, there's nothing to look forward to. I'm not one of those people who can buy an expensive item and not suffer from guilt. So when I've [splurged] I kind of try to not buy anything else for a while.

OLIVIA MORROW
letters@metro.us

Q&A

What's your game plan for putting together an outfit?

There is no plan whatsoever. I do wear the same things over and over again. I have a lot of leopard, stripes, denim and leather. [When I don't know what to wear] I just Google icons. I often do that with Diana Ross or Ronnie Spector.

▶ Working the peplum

Q&A

How would you describe your personal style?

I would say that's it's uncommitted. There are some girls who are girly or they're into the rock chick look or something like that. I kind of slip between all of them and have pieces from all of the main looks. I'm greedy — I want to try it all.

TV watch list

'Top Chef: Seattle'

REALITY. For Season 10, "Top Chef" kicks off by going back to basics — and those cheftestants who can't cut it with simple skills will be packing their knives early. Upping the "better bring it" factor for the competitors: Celebrity chef Wolfgang Puck joins the judges table this season. **Season premiere, 10 p.m., Bravo**

ISABELLA VOSMIKOVA/BRAVO

▶ Wolfgang Puck is a new judge on "Top Chef: Seattle."

'Modern Family'

COMEDY. Bad idea: Jay's ex-wife (guest star Shelley Long) dropping in for a visit. Worse idea: Jay trying to hide his hot new wife's pregnancy from his ex-wife. **9 p.m., ABC**

'Arrow'

DRAMA. To learn how Oliver received his first scar, we get a flashback to the island and an encounter with the assassin Deathstroke. Sheesh. If there's a flashback to explain every single scar on this guy, this series is never going to move forward. **8 p.m., The CW**

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mytechnology

Blockbuster season

Sidescroller

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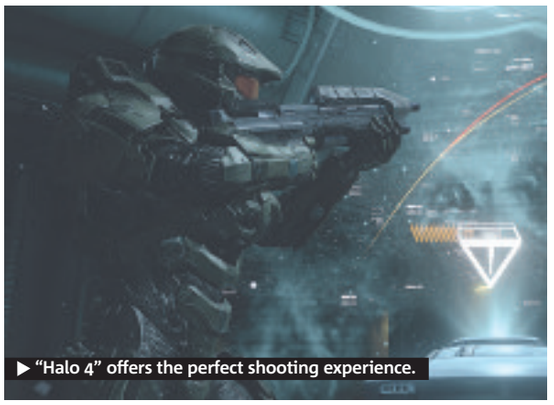
The days are officially short and much of the northeast is still in hurricane recovery mode, but at least the season's blockbuster games are starting to show up on store shelves! There's always that. Here are reviews of two of the biggest titles.



▶ "Halo 4" offers the perfect shooting experience.

'Paper Mario: Sticker Star'

Console: Nintendo 3DS
Grade: ❶❷❸❹❺

Did you think Nintendo would let the holidays go by without a big Mario game for the 3DS? To the uninitiated, the "Paper Mario" series takes players to the Mushroom Kingdom as envisioned by Lady Gaga. These games are weird, wild and, to fans, wonderful. Think "Super Mario World" sprinkled with RPG mechanics and a healthy dose of LSD.

▶ "Paper Mario"

As the name suggests, this new entry is obsessed with stickers. You use them for everything, from battling enemies and healing to solving the game's many amusing puzzles. The graphics are gorgeous, offering a beautiful paper diorama that screenshots cannot do justice to. The only downside is the lack of experience, equipment and other familiar staples of RPGs. It's all stickers, which can take a little getting used to. Once you do, however, you are in for a great time.

'Halo 4'

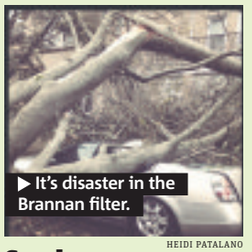
Console: Microsoft Xbox 360
Grade: ❶❷❸❹❺

When it was announced that the Halo franchise was shifting to a new developer, gamers were rightly concerned. Could 343 Industries keep Master Chief fresh, while still bringing the fun? The answer is a resounding yes.

"Halo 4" is probably the best console-based FPS of all time. It offers a flawless shooting experience that improves on nearly every feature that made the series so beloved. Gunplay is more fluid, the world is more open and the storyline is actually touching. Plus, the multiplayer is brilliant on all fronts.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

News in brief



▶ It's disaster in the Brannan filter.

HEIDI PATALANO

Sandy was Instagram's moment: 1.3 million pics posted

Turns out all that talk about Hurricane Sandy being a watershed moment for Instagram wasn't just hot air. Users snapped 800,000 pics tagged with #Sandy, Instagram CEO Kevin Systrom said this week.

The second most popular hashtag, we noticed, was #hurricanesandy, attached to 478,925 pics. #Frankenstorm was on 48,000 more. Total it all up, not counting the dozens of minor Sandy related hashtags (or rather, assuming that they balance out the double- and triple-hashtagged pictures, and all the Sandy shots not hashtagged in the heat of the moment) and you get 1.3 million. At peak times, users were uploading 10 storm-related photos to the service every second.

The Sandy-tagged total dwarfs anything else Instagram users have covered. There were 85,000 pics with the hashtag #SuperBowl earlier this year, Systrom told the GigaOm Road Map conference in San Francisco. It was "likely the most digitally captured event in history," he said.

The company's next challenge, according to Systrom: "How do we mine all these photos, make sense of them so you can consume the most interesting photos about Sandy?" That, he concluded, was why Instagram was going to "have to become a big data company."

CHRIS TAYLOR FOR Mashable The Social Media Guide

VII-SAD-1

Are You Shy

- Do you get anxious in front of others?
- Do you feel embarrassed if you have to give a speech or perform at a public function?
- Do you avoid meeting new people, going to parties, or dating?
- Is it difficult for you to eat, drink, or write while others may be watching you?

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Today in medicine

CREATAS

▶ Could this be the secret to losing weight?

Link between sleep and obesity

Study subjects: Various laboratory studies
Location of study: U.S.
Results: Research published in the Journal of the Academy of Nutrition and Dietetics shows strong evidence of a link between a lack of sleep and obesity. Researchers found that people who got four to six hours of sleep for several days had dysfunctional metabolic hormones. Two metabolic hormones, ghrelin and leptin, tell the body when it's hungry and full, respectively. Higher ghrelin and lower leptin were found in sleep-deprived subjects.
Significance: More than 28 percent of adults are estimated to get less than six hours of sleep a night, two hours less than the recommended eight hours.

Communication's impact on cancer

Study subjects: 147 newly diagnosed women with breast cancer
Location of study: U.S.
Results: A two-year study at Portland State University found that breast cancer patients who received encouraging news from their physicians and who actively participated in their treatment decisions fared better in fighting the disease.
Significance: A greater level of satisfaction gave patients a more positive, more hopeful outlook. These positively impacted patients' chances for survival, researchers concluded.

Female smokers die a decade earlier

Study subjects: Various data
Location of study: U.K.
Results: British medical journal The Lancet reports on a long-term study of female smokers that shows that lifelong smokers died 10 years earlier than those who never smoked at all. Women who quit before they were 30 almost entirely cut their risk of premature death from smoking.
Significance: This is the largest study of female smokers in the U.K. to date.

Vitamin D deficiency in women worsens illnesses

Study subjects: 244 women with various health conditions
Location of study: U.S.
Results: New research presented at the annual 2012 American Society for Clinical Pathology meeting in Boston last week suggested a link between seasonal vitamin D deficiency in women and worsening of existing conditions such as osteoporosis, diabetes, high blood pressure, arthritis, hypothyroidism and cancer.
Significance: Vitamin D levels are highly likely to drop in the winter because of less sun exposure, for people with and without illnesses. Researchers suggested that women with these health conditions be vigilant of their levels of vitamin D and supplement when necessary. Vitamin D has been associated with health benefits ranging from regulated blood pressure to good heart health.

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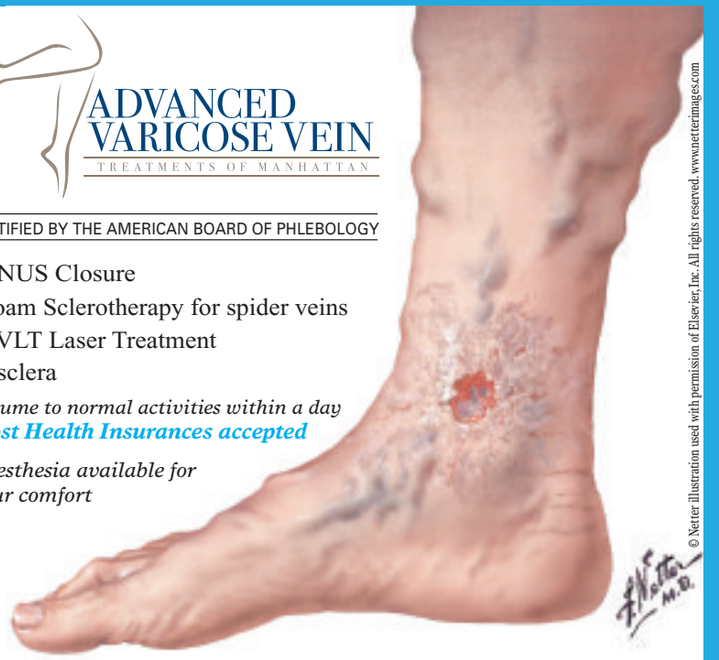

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Advice

JOY BAUER
HEALTH AND WELLNESS EXPERT FOR THE 'TODAY' SHOW AND NEW YORK TIMES BEST-SELLING AUTHOR
www.joybauer.com

THREE EASY WAYS TO GET OUT OF YOUR FUNK

If you've been feeling blue and your energy's slacking, these manageable tips will give you an instant boost.

1 Get in 30 minutes of enjoyable exercise, every day.

Numerous studies have found that exercise helps to improve mood in people with everyday sadness and moderate depression, and it doesn't have to be an intense cardio workout at the gym to be effective. You can fulfill your 30-minute goal doing yoga, walking outdoors or doing a Pilates DVD. The key is consistency. Position exercise as a daily prescription, something you have to do every day in order to have an effect, just like taking medication on a schedule. Exercise releases endorphins — feel-good chemicals that may help lift mood — and also boosts self-esteem and self-confidence. To get twice the benefit, pair exercise with another activity that makes you feel good, like watching your favorite TV show, listening to an upbeat playlist or talking on the phone with someone who lifts your spirits.

2 Eat fatty fish three or more times a week.

ZOONAR

Quoted

Fatty fish is the top food source of vitamin D, and low vitamin D levels have been associated with increased risk for depression. Regularly eating fatty fish is a safe, all-around healthy way to give your D levels a little boost.
JOY BAUER

Fatty fish like salmon provides two mood-boosting ingredients: omega-3 fats and vitamin D. EPA, the type of omega-3 fat that seems to be most effective at improving mental well-being, is not found in plant sources of omega-3s, so you won't get any EPA from walnuts, chia or flax seeds. Instead, you'll want to eat salmon, sardines, trout and Atlantic mackerel to get your weekly fill of this good-for-you fat. Fatty fish is also the top food source of vitamin D, and low vitamin D levels have been associated with increased risk for depression. Regularly eating fatty fish is a safe, all-around healthy way to give your D levels a little boost.

3 Talk to your doctor about supplements.

St. John's wort and SAMe have both been found to be beneficial treatments for mild to moderate depression, and a few studies have shown these supplements are as effective as some prescription anti-depressant medications. Both compounds work by altering neurotransmitter activity in the brain, which impacts mood. However, just because these supplements are "natural" doesn't necessarily mean they're safe for everyone, and St. John's wort in particular can have serious side effects and interactions with common medications (for example, it can make birth control less effective). With that in mind, always speak with your physician before taking a new supplement.

– For more Food Cures, visit JoyBauer.com and follow Joy on Facebook and Twitter (@joybauer).

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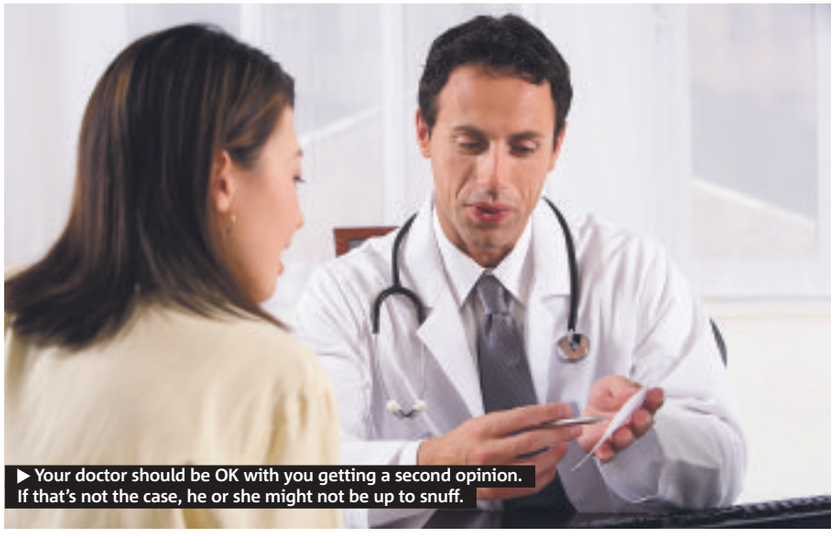
Finding the right doctor doesn't have to cause you any extra pain ◗ But the process doesn't stop there: You have to be your own advocate ◗ Plus: Top-performing hospitals

In his new book "Surviving American Medicine," Dr. Cary Presant covers everything from finding the right health-care plan to being a good patient. The first step in making the most out of your health care is choosing a trustworthy doctor — but where to begin?

"Don't just ask a hospital for a list of doctors," says Dr. Presant. "Once a doctor is on staff, they're on the list, good or bad. Talk to nurses, friends and family. Use the Internet to do a background check. If you have a disease, say breast cancer, go to a breast cancer support group and ask for referrals. Ask [those people], 'Who do you trust?'"

To get optimum care, Dr. Presant recommends fully engaging in the medical process with your physician.

CREATAS



▶ Your doctor should be OK with you getting a second opinion. If that's not the case, he or she might not be up to snuff.

"Ask questions," he says. "Say a doctor prescribes a new medication. Ask how effective it is, ask about the side effects and ask the doctor, 'What do you commonly see in patients with this medication?' Then ask him if this is the kind of treatment he'd give his wife or family member. That gives them pause for thought."

As the Affordable Care Act funnels more patients into a busy system, doctors increasingly feel overwhelmed and have less and less time to do their jobs effectively, Dr. Presant says. Being proactive is important. Prepare your questions in advance, and consider bringing a trusted family member or friend along for the ride.

"Write a list [of questions] before you go," says Dr. Presant. "Also, listen. Four ears are better than two. Take a family member with you to the doctor's office. They might hear something you don't."

And you shouldn't fear asking for a second opinion once you get a diagnosis.

"Any doctor who is reluctant to recommend getting a second opinion, that's a red flag," Dr. Presant says. "A good doctor will welcome that you get one."

LINDA CLARKE
letters@metro.us

Is your doctor in it for the money?

"Conflict of interest is a problem," says Dr. Presant. "Ask your doctor if he's hired by a pharmaceutical company as a consultant. Ask if there's a generic drug that works as well. Ask if he's tied by an insurance company's regulations."

Top hospitals in the nation

We had HealthGrades.com choose three procedures and tell us which local hospitals fared best in its "American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation." Healthgrades based these numbers on mortality and complication rates from hospitals.

Appendectomy
- Maimonides Medical Center
- New York Methodist
- Woodhull Medical and Mental Health Center
- Elmhurst Hospital Center
- New York Hospital Medical Center of Queens
- Flushing Hospital Center
- Queens Hospital Center
- New York Downtown
- Beth Israel Medical Center
- Bellevue Hospital Center
- Harlem Hospital Center
- Richmond University Medical Center

Heart attack
- NewYork — Presbyterian Hospital/Weill Cornell
- NYU Langone Medical Center

Knee replacement
- New York Hospital Medical Center of Queens
- NewYork — Presbyterian Hospital/Weill Cornell
- Beth Israel Medical Center

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• I have a large bump behind my big toe (or little toe) which is always red.
• I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
• My toes aren't straight – they are crooked, bent and hurt.
• I have painful calluses on the ball of my foot which keep building up.
• I have corns on my toes which get thicker no matter what shoe size I wear.
• The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
• I have cramps in my legs which always happen when I walk the same distance.
• My ankles are swollen most of the time.
• My feet are always dry and scaly – sometimes they itch.
• My feet just hurt all over when I stand or walk a lot.
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Harbor Fitness

On your way to work out at Harbor Fitness (multiple locations throughout Brooklyn, **www.harborfitness.com**), bring items like canned food, large candles, cleaning supplies, toiletries and bottled water to be donated to the Red Cross.

SoulCycle

All proceeds from Sunday rides at all New York SoulCycle studios will benefit relief efforts in Rockaway Beach, Long Beach and Staten Island. SoulCycle has also created special Sandy relief T-shirts ($45), with 100 percent of proceeds being donated. In addition, for those able to donate a big chunk of change, a special series of All-Star rides is taking place on Sunday evening in SoulCycle's Tribeca studio; the cost to ride is $1,500. **www.soul-cycle.com** MEREDITH ENGEL

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Letters

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Carroll must have touched a nerve

RE: "THERE'S NOWHERE TO HIDE FROM US POLITICS AS USUAL" (METRO, NOV. 5) I congratulate news columnist Conn Carroll. He must have said something right to have so many liberals come out against him. They were ridiculing him for having his facts wrong, but I noticed their facts were really wrong. Terrific Conn Carroll, love it.

IGOR MANNIKUS, VIA E-MAIL

Conn Carroll's statement, "Did Americans really care what kind of birth control their employers did nor did not pay for four years ago? Of course not," illustrates how out of touch with a huge segment of American voters he is. Perhaps he is myopic on this subject because he himself can't get pregnant. As the late Florynce Kennedy observed, "If men could get pregnant, abortion would be a sacrament." Carroll's cluelessness is matched by Sen. Todd Akins' (R-Mo.) comment that "If it's a legitimate rape, the female body has ways to try to shut that whole thing down" and Rep. Joe Walsh's (R-Il) brilliant assertion that "With modern technology and science, you can't find one instance of a woman dying from childbirth" and the baloney from Republican John Koster stating that abortion is not justified in cases of incest or "the rape thing." Every woman and every man who has a wife, sister or daughter should be afraid if this mind-set is voted into office. **CATHY LANEY, VIA E-MAIL**

Don't hate on the heavy and unclassy

RE: "NOT COOL, GAGA" (METRO, NOV. 5) Lady Gaga has been bravely public about living with anorexia and bulimia, eating disorders that affect thousands of Americans. She has even launched an inspirational body revolution. Because of this openness and her role model status, it is inexcusable that Metro responded to her recent weight loss by saying that Lady Gaga has to be skinny to pull off her "meat lingerie" while other singers, like Adele, can be larger because Adele is "classy."

This suggests that it is only acceptable for women to be "heavier," aka: a healthy weight for most women, if they cover up. This type of fat-shaming perpetuates eating disorders, both for Lady Gaga and for thousands of Metro readers. And fat-shaming is not cool.

ALYSON WEISS, VIA E-MAIL

Positions obscured from all sides

RE: "WE'LL BE HAPPY WHEN $1B SOAP OPERA IS OVER" (METRO, NOV. 6) Your Metropolitik column by Professor Wilson might have been a worthwhile read had you given half the space to the opposing view. The professor mentions, "I don't think even Mitt's most ardent supporter is clearer on his positions." Well, this reader has listened to Barack Obama for six years and I am no clearer on any of Barack's positions — they always seem to side with his audience at any given time. A second note the professor mentions Sen. Scott Brown running constant personal attacks on Elizabeth Warren. Where is the professor when her ads come on?

REX A. BRYANT SR., VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** When it comes to involvements in which money is being exchanged between friends, things must be handled with extreme care or someone, perhaps you, will end up feeling cheated.

♐ Sagittarius **Nov. 23-Dec. 21.** Even after you've achieved an objective, you must take steps to solidify what you've gained. If you don't, all could slip away.

♑ Capricorn **Dec. 22-Jan. 19.** Friends and companions will be more impressed by the example you set than by the philosophy you espouse. Engage in more doing and a lot less talking.

♒ Aquarius **Jan. 20-Feb. 19.** You shouldn't have to be told not to take any gambles on people or things that you know little about. There's a chance you'll be more gullible than usual, and you could easily be had.

♓ Pisces **Feb. 20-March 20.** Inconsistency substantially lessens your possibilities for success. It's quite likely that you'll do things in ways that'll only confuse the people who want to help you.

♈ Aries **March 21-April 19.** In order to stay in control when working on a critical task, you must maintain your patience throughout the job. If you try to rush, a mistake is likely.

♉ Taurus **April 20-May 20.** Forget about trying for a huge gain by gambling on a big risk. If you can't pull it off, it might cost you far more than what you would have spent doing things the normal way.

♊ Gemini **May 21-June 20.** By refusing to let others run certain things that you're ill-equipped to handle, complications are likely to arise. Take your pride out of the picture.

♋ Cancer **June 21-July 22.** Be very selective as to which of your friends you can poke and tease without eliciting rancor. A sensitive pal might misinterpret your playfulness and take things seriously.

♌ Leo **July 23-Aug. 22.** If you don't handle your commercial matters prudently, any opportunities that do exist could slip through your fingers. Situations in which you would normally do well could end poorly.

♍ Virgo **Aug. 23-Sept. 22.** When you lack focus, you'll be unable to bring your forces to bear on important objectives. It's OK to do less, as long as everything is done to the very best of your ability.

♎ Libra **Sept. 23-Oct. 23.** Be a positive thinker and behave accordingly. If you start feeling sorry for yourself and making unreasonable demands of others, even those who planned to help you will reject you.

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Across
1 Lived
6 With, to Henri
10 Succotash bean
14 Marge's hubby
15 Name in blue jeans
16 Greenspan or Shepard
17 Baja friend
18 Cafe au —
19 Longish skirt
20 Wager
21 Fuzzy caterpillars (2 wds.)
24 Look over
26 "Crocodile —"
27 Mi. above sea level
28 Mountain top
30 Dance cymbals
33 Impudent
34 Gas burner
37 Heron cousin
38 Rattle
39 Nor'easter
40 Acquired
41 Grimy
42 Aesop story
43 Traditional saying
44 Einstein's hometown
45 Star-related
48 — — in a storm
52 Mercury
55 Pool hall item
56 Maid in East Asia
57 Dwarf buffalo
58 Maureen of "The Quiet Man"
60 Expose or reveal
61 Takes for a ride
62 Salami sellers
63 Mil. school
64 Clingy fabric
65 Desert crawler

Down
1 Abu —
2 Common door sign
3 Throws off heat
4 Piano support
5 Spades
6 Apportion
7 Tender cutlets
8 Like Mr. Hyde
9 Newspaper department (2 wds.)
10 Dirge
11 Epic of Troy
12 Pedro's mom
13 Biscotto flavor
22 Harvest Moon mo.
23 Wild country
25 Bosom buddies
28 Orange box
29 Suggestive
30 Quick turn
31 Nigerian tribe (var.)
32 Ignited
33 Online journal
34 Nudge
35 House addition
36 Golf bag item
38 A dark nebula
39 Londoner's umbrella
41 Sioux Falls loc.
42 Fishing gear (2 wds.)
43 Eyebrow-shaped
44 Half of "deux"
45 Red Sea gulf
46 Tannin source
47 Beauty pageant prize
48 Stop, to Popeye
49 Florida city
50 Scandanavian ruler of Russia
51 Fluff, as hair
53 Barge — —
54 Ex-Mrs. Burt Reynolds
59 Domestic fowl

8	5						6	
				7		3		2
		7			1	9	4	
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				9				
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	3	1	4			6		
6		9		1				
	2						1	9

SUDOKU **LEVEL: EASY**

9	1	4			8			
5	6		7	3				
3			9	5				2
	5	2	3		7	9	1	
4				8	2			5
				2	4		9	3
			8			1	6	4

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to yesterday's crossword

L	H	A	S	A		H	A	S	P		G	A	P	E
E	A	T	O	N		I	R	A	E		H	U	L	L
S	W	A	M	I		F	I	C	T	I	O	N	A	L
			E	S	P	I	E	S		N	U	T	T	Y
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R	U	E		K	I	L	O	S		L	I	N	E	D
M	U	S	K	R	A	T	S		H	U	N	G	R	Y
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A	N	S	E	L		G	R	E	E	K	S			
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A	L	A	E		T	R	A	M		R	U	M	B	A
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A TRIP BACK IN TIME

Tebow showed skills to play QB back when he was 11 First coach recalls workouts that made him pro

Back then he was known as Timmy, but little else has since changed for Jets quarterback Tim Tebow.

Before he became the most talked about athlete in the nation, Tebow was an 11-year-old playing Peewee football in Florida for the Lakeshore Renegades. Lakeshore was consistently among the most successful in the country during that era, but for a player who would become associated with being a winner, Tebow lost his first two games as quarterback.

"Timmy started working with me on the weekends and nonpractice days to get better," Tebow's Peewee coach David Hess told Metro.

"Timmy was a tight end the year prior. He wanted to be a quarterback, and even at an early age you could tell he had the leadership qualities necessary to lead the team. Personally, I believe football reveals character more than it builds it. Leadership is not a learned trait. You either have it or you don't."

The hours spent with Hess helped shape a work ethic that has become legendary. Hess had some unique drills to help mold his young quarterback, including putting him on one knee and having him throw with only his upper body — a drill where he routinely fired passes of 35 yards from that position.

The hard work paid off, as after the two losses to start the season, the Renegades would rebound to win the city championship. They went through the opening two rounds of the state playoffs before losing the regional championship to the eventual national champions.

After losing the regional championship as an 11-year-old, Hess remembers the winning coach during the trophy presentations saying "this kid will be a pro quarterback someday."

"I thought it was such a bold statement at the time — probably why I remembered it," Hess said.

KRISTIAN DYER
sports@metro.us

COURTESY OF DEA SIMS

▶ Hess was Tebow's Pop Warner coach when he played Peewees in Jacksonville, Fla. Even then Hess said he showed the determination to make it to the NFL.

Tebow talks Hess, first QB lessons

Tebow told Metro he remembers his Pop Warner days and for his birthday in August, his parents put together a DVD of him playing sports growing up, including T-ball, youth basketball and clips from when he was on the Renegades.

"It's really eerie how similar I was playing football when I was 6 — the same moves and the same mannerisms," Tebow told Metro. "It was really funny to watch.

"All that started with my mom and dad, but coach Hess was a great coach," Tebow said. "One offseason he said to buy a jump rope and do it every single day and I did it. He gave me all these different things to do with it and I came back so much quicker and faster." METRO/KD

3

In the news

Yankees relief

The Yankees announced CC Sabathia and Joe Girardi will be attending a donation drive today at Yankee Stadium's Gate 2 from 11 a.m. to 1:30 p.m.

The event will be accepting baby formula, cleaning supplies, nonperishable food and other items that can be used to aid those recovering from Hurricane Sandy.

The team already announced a $500,000 donation will be made to the Red Cross.

Red Bulls facing pressure of high payroll in playoffs

The Yankees of American soccer are looking to win their first ever MLS Cup.

Without a major trophy in their 17 years as a franchise, the Red Bulls certainly have been among the most snake bitten sides in MLS. But in recent history, no team in the league has tried harder to rectify that situation by throwing money at the problem. In the strange world of MLS, each team is allowed three designated players, whose salaries count only partially against the $2.81 million salary cap. Marquee players, such as the Galaxy's David Beckham, who bring star power on and off the field, often fill such slots.

The Red Bulls have three designated players in Thierry Henry, Rafa Marquez and Tim Cahill, making them the highest spending side in the league. In terms of compensated salaries, the Red Bulls shell out just over $16.5 million for their 30-man roster with the vast chunk of that going to the designated players.

"I'm not sure I can say we're the most talented roster in the league. We have of course some good players, that's for sure. It's a number of teams in this league who are talented. It is so even so it's difficult to say that one team or another is the most talented," head coach Hans Backe said.

Following Saturday's 1-1 result at RFK Stadium, the Red Bulls will host D.C. United in the second leg of the Eastern Conference semifinals tonight. Their $3.8 million in guaranteed salary is one-fourth of New York's payroll, and yet they're finding success.

"When you talk about payrolls ... it's for three players, but three players doesn't make a team," Backe said. "Otherwise we have the same salary cap as anyone so I can't really agree [those players mean the Red Bulls should win titles]." KRISTIAN DYER

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▶ Thierry Henry is one of three designated players on the RBNY roster.

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Metro's NFL power rankings | by Mike Greger

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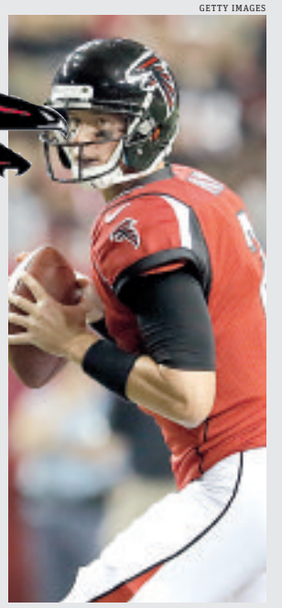

1 FALCONS (8-0)
They've handled every challenge thrown at them. They've won blowout games. They've won tight games. They've beaten almost the entire NFC East. Now they'll go to New Orleans to face a Saints team in desperate need of a season-saving win. If they can win on the road there, they will really justify their undefeated record.

2 TEXANS (7-1)
Like a well-oiled machine: Run Arian Foster into the ground, let Matt Schaub chuck it around and trust the NFL's best (second-best?) defense to get you another win.

3 BEARS (7-1)
If Jay Cutler and the offense is rolling like they were last week, forget about it, because the Bears can beat anybody. Game of the year Sunday, at home vs. Texans.

4 NINERS (6-2)
Talk all you want about the defense — and it is very impressive — but running back Frank Gore is the glue. He is on pace for more than 1,300 yards this season.

5 GIANTS (6-3)
Big Blue lost despite one of the worst games of Eli Manning's career (10-of-24, 125 yards, one interception). Some are anticipating another second-half swoon. We're not.

6 RAVENS (6-2)
They should be able to squeak out a win on reputation alone this week, then we'll find out how tough the Ray Lewis-less Ravens are in Pittsburgh.

7 PACKERS (6-3)
We told you they were heating up, NBA Jam style. They have four straight wins with an average margin of victory of almost two touchdowns (12.75).

8 PATRIOTS (5-3)
In Bill Belichick we trust. His defense may be a tad slow; however, the new wrinkle on offense — tailback Stevan Ridley (716 yards) — is a pretty good insurance policy behind Tom Brady.

9 BRONCOS (5-3)
Peyton Manning hasn't been shy about floating some ducks, but when you have 48 fourth-quarter comebacks in your career, who cares? He looks like he is finding his pre-injury form. Denver is officially Peyton's Place.

10 STEELERS (5-3)
If you had told anyone not named Dick LeBeau that Troy Polamalu would play only two games and Pittsburgh would rank No. 1 in total defense, just shut up, because you're lying.

11 SEAHAWKS (5-4)
Just when they were starting to look like pretenders, they earn a crucial win against a potential playoff team. With this defense, they'll be there.

12 COLTS (5-3)
Andrew Luck was supposed to be three or four years away from a playoff run, yet here they are, sitting in contention at the midway point. Luck is better than RG3. You heard it here first.

13 VIKINGS (5-4)
The slide has started in Minnesota, and it probably won't end until — with apologies to Samantha Steele — Christian Ponder learns how to be a difference-maker.

14 DOLPHINS (4-4)
Quarterback Ryan Tannehill won't get the press his rookie classmates Andrew Luck and Robert Griffin III get because he doesn't put up the same numbers, but his leadership is invaluable.

15 CHARGERS (4-4)
A win is a win is a win is a win, even if it's against Kansas City. Does Philip Rivers (18-of-20 last week) have one last run in him? Will Norv Turner be able to hang around one more year? We'll find out over the next two weeks.

16 BUCCANEERS (4-4)
Tampa Bay owns the league's top-ranked rush defense and ninth-best rush offense (thank you, Doug Martin!). They are also averaging 39 points in their last two victories.

17 LIONS (4-4)
Left for dead three weeks ago, Matt Stafford has resurrected them. He's the fourth-highest-rated QB (99.8) in the fourth quarter and is on pace to break the 5,000-yard plateau.

18 CARDINALS (4-5)
Kevin Kolb is reportedly still having trouble sneezing. While he's far from the Cards' savior, he's the best shot they've got at saving this sinking ship.

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Giants donate $500K toward Sandy relief

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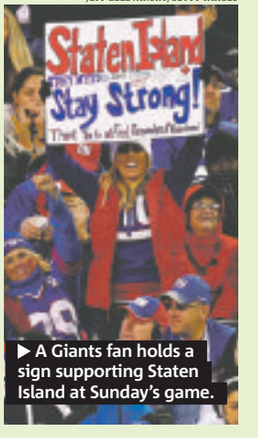

▶ A Giants fan holds a sign supporting Staten Island at Sunday's game.

It was the Giants' day off from organized practice yesterday, but they decided to help in the organization of hurricane recovery instead.

Quarterback Eli Manning spent his day working with the Red Cross in Staten Island, while a handful of other players, including defensive end Justin Tuck, wide receiver Domenik Hixon and center David Baas, prepared food at the New Jersey Food Bank.

But it was the Giants' organization as a whole that made the biggest statement. Owners John Mara and Steve Tisch announced they would be donating $500,000, to be split between the Hurricane Sandy New Jersey Relief Fund and Mayor's Fund to Advance New York City.

"The Giants want to do everything we can to assist our neighbors, fans and friends," the team said in a statement. "Toward that end, after careful consideration, we have decided to make donations to these two very worthy funds." METRO

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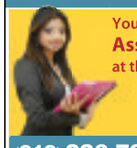

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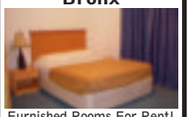

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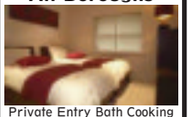

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NOTICE IS HEREBY GIVEN that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at: 106-15 & 106-17 Metropolitan Ave, Forest Hills, NY 11375 for on-premises consumption. NY Caterers Inc.

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NOTICE IS HEREBY GIVEN that a license, serial # 1266642, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 164 Bedford Ave., Brooklyn, NY 11211. Kings County, for on premise consumption. Pebble Corp.

NOTICE IS HEREBY GIVEN that a license, serial # 1266633, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under The Alcoholic Beverage Control Law at 431 W 121st St. NY, NY 10027. New York County, for on-premise consumption. Chez Amis Corporation.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at: 55 Bond Street, New York, NY 10012 for on-premises consumption. Kings 55 Group Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1265848 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at: 7109 13th Ave, Brooklyn, NY 11228 for on-premises consumption. Taro Restaurant Inc d/b/a Taro Asian Food.

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Market watch

CHEAPEST

$200K

186 E. 11th St.

The cheapest property listed this week is a renovated co-op with two bedrooms at 186 E. 11th St. This unit only accepts cash offers and is listed by Bond New York for $200K.

PRICIEST

$25M

105 Eighth Ave.

The most expensive property to hit the market this week is a mansion at 105 Eight Ave. in Park Slope. This 50-foot-wide 1912 house has three stories. It is listed by Halstead for $25M.

STREETEASY

StreetEasy.com *is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.*

at home with metro

The aftermath of superstorm Sandy in the Rockaways

Hurricane Sandy impacted almost every home in the Rockaways, with some damaged by the pounding surf and others by the waist-high waters that submerged much of the peninsula on Oct. 29.

Over the weekend, homeowners confronted the damage and removed furniture, appliances, clothing and, in many cases, home insulation and flooring that were waterlogged by the tidal surge.

The Real Deal surveyed the destruction along the shoreline in Belle Harbor and Rockaway Park, and compared the damaged homes to what they looked like before the storm.

Lisa Jackson, president of Rockaway Properties in Belle Harbor, said even as many of the residents are in shock, most say they plan to stay. "Some are still living in their houses," she said, reporting that they're staying on the second floors above the high-water mark.

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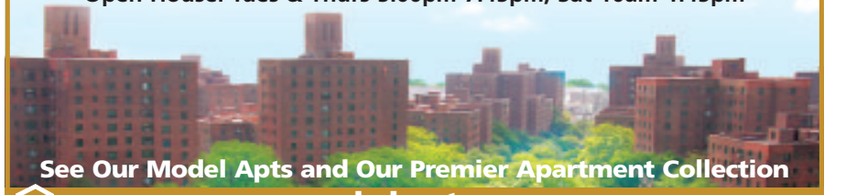

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Post-hurricane problems

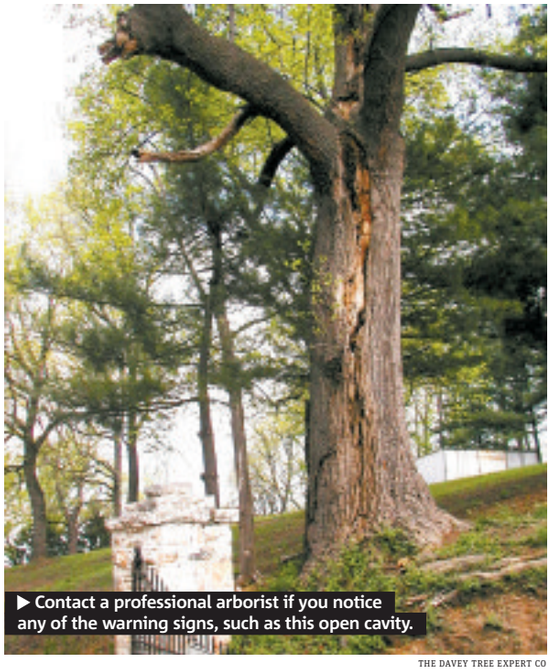
Now that the worst is over, it's time to think about repairing the damage Afraid to walk under trees after Sandy? Expert tips on dealing with the aftermath

Identifying dangerous trees

We all watched the trees take a brutal beating during Hurricane Sandy — so if you're like us, you're a little freaked out about wounded branches toppling down. "It's natural that storms bring concerns regarding trees to the front of our mind," says Phil Snyder, northeast operations manager of The Davey Tree Company. "But the last thing we want to do is to create fear around trees." The best away to avoid any damage is to have regular maintenance and checkups of trees on your property, and become comfortable identifying a dangerous tree.

Here are warning signs to look out for:

1. **Open cavities** Look for these in the main trunk that go from the ground up to where the tree begins to branch. Check for pockets of decays and holes.
2. **Deadwood** These are limbs that have died and can fall at any time.
3. **Weak branch union** This is when two major branches grow too closely together. When they are so narrow, there is bark growing between them and that weakens that joint making them more susceptible to split apart.
4. **Excessive lean** When we have storms, trees with an excessive lean can become more likely to fall.



▶ Contact a professional arborist if you notice any of the warning signs, such as this open cavity.

THE DAVEY TREE EXPERT CO

Watch out for "storm-chaser" contractor fraud

HomeAdvisor, a website that connects homeowners with prescreened and customer-rated contractors, gives us tips to finding a reliable service person in the aftermath of Sandy.

- Avoid "travelers" that go door-to-door soliciting work they never plan to provide.
- A reputable contractor will never ask for cash and will never require that the entire job be paid up-front.
- Before agreeing to any costly repairs, seek other opinions.

Be aware when these micro events happen

There are risks when the weather is bad. Even the safest trees in the world become hazardous when the soil becomes fully saturated during a storm, warns Snyder. "It's not a time to be taking a stroll in the park."

HomeAdvisor's four questions to ask a contractor

- How long have you been in business?
- Can you provide a list of references?
- Do you belong to any professional associations?
- Are you licensed and registered with the state?

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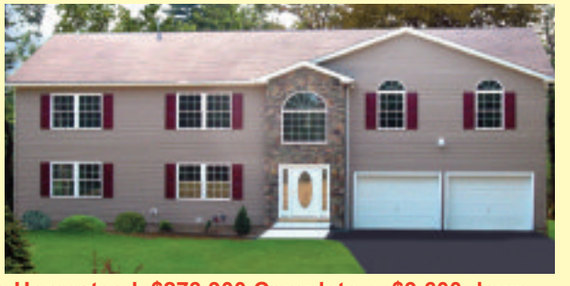

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